

NO OFFICE HOURS: To Access our Office Manager Remotely - Please Email: info@nshoregym.com

PHASE

1
STAGE 2

- Competitive Teams Only During Early Stages
- Limited Class Opportunities if schedule permits
- Online Practice and Online Classes Continue

PHASE 1: STAGE 2 - June 15th 2020

- Team Practices Continue according to Phase 1 Guidelines.
- Recreational Class schedule begins and is designed to minimize risk in the facility.
- No Open Gyms. / No Birthday Parties.
- Limited Camp Opportunities-COMING SOON!
- Possible continued Online Class Opportunities.

PAGE 1

PHASE

2

PHASE

3

PRE-SCREENING FOR INDIVIDUALS PRIOR TO FACILITY ENTRY:

- Staff, students and accompanying parents are required to complete a health prescreen before entry to the facility and provide documentation upon entry. This included a temperature check. **An elevated temperature is defined as 100.5 F / 38.0 C or higher.** This is based off of an oral or temporal thermometer. All Members of a household are held to these standards to permit any family member entry.
- No individual with an elevated temperature or showing signs of flu-like symptoms or coughing will be allowed access.
- Any person indicating symptoms within the building upon entry, will be sent home.

ENTRY PROCEDURES:

- Drop-off/Pick-up Only is encouraged.
- No More than 1 Adult per athlete allowed in the building: No Siblings allowed.
- **Masks must be worn during entry procedures and in Common Areas at all times.**
- Procedures to ensure social distancing will be monitored by a Traffic Flow Assistant during entry and exit. Floor markers will be provided in ENTRY & EXIT WAYS and in Common Areas and throughout the gym.
- All Staff athletes and parents will be required to sanitize or wash hands upon entry.

TRAFFIC FLOW WITHIN THE BUILDING:

- Procedures to ensure social distancing will be monitored by a Traffic Flow Assistant during entry, exit AND during times of movement in common areas.
- Separate Traffic Flow Assistants will monitor and assist athletes when moving to different areas within the gym.
- To reduce congestion points, Entry ways will be deemed ONE-WAY only. Signs will be posted and a Site map will be provided.
- NEW procedures for Drop off and Pick up will be provided and a Site Map included. Circle Drive is Only allowed for Students being dropped off to enter the building. For Pick-ups after 4pm, parents will be required to park in a parking stall and walk to the South exit near the Garage Door and wait on the designated side walk markers to pick up their children. Children will not be released into the parking lot alone.

WORKOUT GUIDELINES:

- Recreational Class Student to teacher Ratio will not exceed 6:1. Tot classes will run at a 4:1, and 5:1 ratio depending on age.
- Students will be scheduled to use the same piece of equipment in the duration of the event practice to minimize cross traffic and common surface areas.
- Teacher Masks are required.
- Spotting limited to only when absolutely necessary.
- After each class coaches and support staff will sanitize/disinfect equipment.
- Students are required to hand sanitize/wash hands after each event and upon entry and exit.

(continued on page 2)

NO OFFICE HOURS: To Access our Office Manager Remotely - Please Email: info@nshoregym.com

PHASE

1

STAGE 2

- Competitive Teams Only During Early Stages
- Limited Class Opportunities if schedule permits
- Online Practice and Online Classes Continue

PAGE 2

PHASE

2

PARTICIPANT GUIDELINES:

- Students should bring as little from home with them into the gym. Bottled water should be brought from home AND Labeled with the students name. Paper cups for Water Fountain use will be distributed by the teacher but are not preferred.
- Adhere to all CDC guidelines for common hygiene practices.

PHASE

3

SANITATION PROCEDURES:

- As ALWAYS, WE USE HOSPITAL GRADE products for sanitation and disinfecting that are EPA approved for reducing risk of COVID-19 and safe for contact with individuals. We have an EvaClean Electrostatic sanitation system, for use in the gym and common areas, making sanitation fast and effective!
- All common areas will be cleaned in the morning, several times throughout the day and at night. Increased measures will be taken in high touch areas-such as restrooms and door handles. Touchless entry and exit through doorways will be ensured when possible while adhering to fire code.
- Equipment inside the gym will be sanitized prior to use and after each class. Signage will be used marking "Ready to Use" or "Ready to be Cleaned" to assist in communication between teachers and cleaning support staff.
- As always, we use UV molecular air purifiers that aid in killing virus and bacteria on surfaces. Our UV-C Light wands are used to clean delicate surfaces after contact.
- Weather permitting we will open doors to allow open air flow in the Gym.